



***Minority Health Promotion Centers
How well did it work?***

2002- 2004

Prepared by

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May 2005

Table of Contents

Background.....	2
List of Funded Projects.....	3
Demographic Data for FY 200.-2004 – Highlights	4
Demographic Data for FY 2003-2004 – Charts and Tables	5
Project Descriptions.....	
Elmwood Community Center.....	11
Genesis Center.....	11
International Institute of Rhode Island.....	12
Progreso Latino, Inc.....	12
Providence Housing Authority.....	13
Socio-Economic Development Center for Southeast Asians	13
South Providence Neighborhood Ministries.....	14
Urban League of Rhode Island	14
Westminster Senior Center	15
Women and Infants Hospital	15
Young Life of Newport.....	16

Minority Health Promotion Grants
Fiscal Year 2003
July 1, 2003-June 30, 2004

Background

The health status of the nation as a whole, as in Rhode Island, has improved significantly during this century. Advances in medical technology, lifestyle improvements, and environmental protections have all led to health gains. Yet, despite overall achievements in health status, the burden of poor health continues to fall more heavily on some population groups. The fact that disparities in health status occurs more frequently among racial/ethnic minority groups (African-Americans or Blacks, Native Americans or American Indians, Asian Americans, Pacific Islanders, and Latinos or Hispanics) has been documented both nationally and in Rhode Island. Racial and ethnic health disparities translates into higher excess mortality and poorer overall health measured by higher infant mortality rates, higher incidences of chronic and infectious diseases. It also involves disparities in access to health information and health care resources.

The pervasiveness and severity of health problems experienced by racial and ethnic minority populations in Rhode Island led to the passage of the Minority Health Promotion Act in 1992. This act called for the creation of a minority health promotion program to provide health information, education and risk reduction activities to reduce and ultimately eliminate health disparities in racial and ethnic minority populations. The Minority Health Promotion program is a state funded program, which provides grants to not-for-profit community based organizations to work with racial and ethnic populations. A Minority Health Advisory Committee advises the program on matters related to the health status of racial and ethnic minority populations and recommends the projects funding.

The minority health promotion funds for Fiscal Year 2004 (July 1, 2003-June 30, 2004) were awarded on a continuation basis to not-for-profit community-based organizations that in response to a 2001 RFP had developed and implemented Comprehensive Minority Health Promotion Centers that addressed the preventable health conditions which lead to premature death for minority populations. Minority Health Promotion Centers are responsible for six activities as listed below:

1. Individual and community health risk assessment activities;
2. Community outreach;
3. Health education regarding health conditions for which minorities are dying prematurely;
4. Consumer empowerment activities which educate consumers regarding their rights and responsibilities with regard to the health care system;
5. Development of health information centers; and
6. Health screenings and referrals for health care.

Eleven agencies were approved as Minority Health Promotion Centers.

As part of this report you will find a table with the listing of the approved projects, highlights, tables and charts with demographic information of the population served by the MHPC and a brief description with outcomes achieved of each of the funded projects.

Funded Minority Health Promotion Projects for FY 2004

Agency	Program Description & Population Served	Award Received
Elmwood Community Center	Health education and wellness program focusing on nutrition, physical activity, injury prevention and mental health, for low- income African American or Latino seniors.	\$21,000
The Genesis Center	"Healthy People at Genesis" is a health education, screening and referral program, targeting enrollees in the Genesis's programs, families in the surrounding neighborhoods, and other members of immigrant and refugee groups. It also includes blood drive and flu shot clinics.	\$24,335
International Institute	Health education program focusing on the American health care system and other health issues targeting immigrants from all over RI, but primarily immigrants participating in International Institute's programs.	\$25,000
Progreso Latino	Health promotion, education, screening & referral program, targeting the Latino community in the Blackstone Valley area of Providence. It includes "ask-a-doctor" sessions by local physicians.	\$20,000
Providence Housing Authority	Health education and promotion program targeting Public Housing youth ages 9-18, adult and elderly residents of PHA. Case management services are provided to senior citizens only.	\$25,000
Socio-Economic Development Center	Health education program focusing on preventing unintentional injuries, cardiovascular disease, and use of primary health care, targeting the Cambodian, Hmong and Laotian Population of Rhode Island.	\$20,000
South Providence Neighborhood Ministries	Health promotion, education, screening, physical activity and referral program targeting minority families living in the Southside of Providence	\$25,000
Urban League of Rhode Island	Health Education Program focusing on nutrition, injury and violence prevention, heart disease and stroke, access to health care, and physical activity targeting minority teens.	\$20,000
Westminster Senior Center	"Elder Health Empowerment Program" is a health education and promotion initiative focusing on cancer, diabetes, Alzheimer's, physical activity and mental health targeting Hispanic and African American elders.	\$24,325
Women and Infants Hospital	Mobile health vehicle based community outreach and education program targeting racial and ethnic minority groups, of all ages, uninsured and insured, in both Spanish and English.	\$25,000
Young Life of Newport County	Program focusing in the areas of Physical Fitness and Mental, Spiritual and Emotional Health targeting youth and their families residents of Newport.	\$22,000

2003-2004 Demographic Data Highlights

The MHPC reached a total of 20616 individuals during 2003-2004. Of those 8495 were new clients and 12121 were “returning” clients. It is important to note that the collection of this demographic information was challenging for some of the MHPC resulting in a great proportion of “unknown” data. For the purposes this publication we are presenting information that refers to the “new clients” reached during 2003-2004 for whom we had valid data:

- 56% were Hispanic
- 19% were African American
- 7% were Asian
- 3% were Multiracial
- 1% were Native American

- 53% were Foreign born

- 68% were non English speakers or had Limited English Proficiency (LEP)

- 72% were 25 years old or older

- 43% reported completion of Elementary School and 36% reported having either a High School diploma or GED

- 88% had an income of \$14,999 or less

- 42% were uninsured

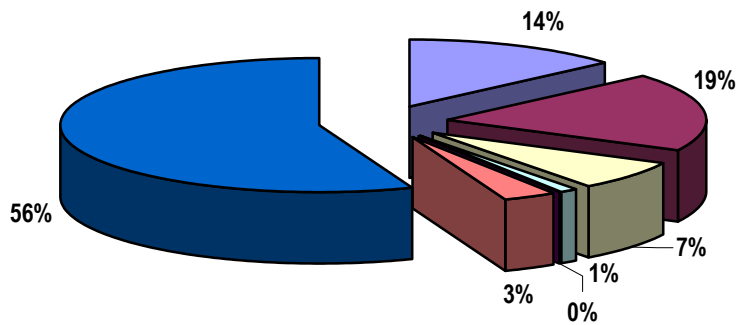
- 66% were unemployed

Demographic Data – Tables and Charts

Race and Ethnicity

One of the issues encountered in collecting Race and Ethnic data was the fact that Hispanics do not consistently respond to the question the same way: some will “choose” only Hispanic as both Race and ethnicity, others will respond to the question separate (Yes to Hispanic for Ethnicity and than some other respond to the Race question). The percentage of “unknown” in this category was 9%. Of those for whom we had valid data 86% were from a racial and ethnic minority group.

Population Served by R&E

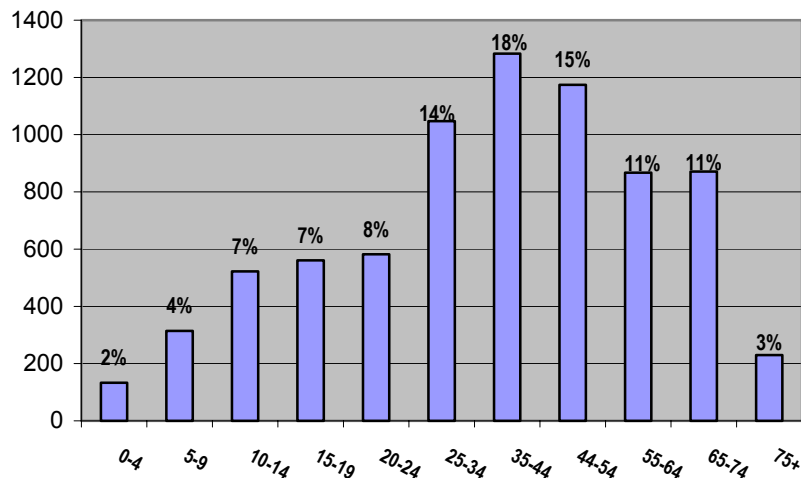


White (non Hispanic)	14%
Black/African American (non Hispanic)	19%
Asian	7%
American Indian/ Alaska Native	1% (87)
Native Hawaiian/Other Pacific Islander	0% (6)
Hispanic/Latino	56%
More than One Race	3%

Age

The target group for intervention for the MHPC is the adult population. Some of the centers (2) focused on the senior population while others (2) focused on adolescents/high school children. For this category the percentage of “unknown” was 11%. Of those for whom we had valid data 47% were between the ages of 25 and 54 and 25% were 55 and over.

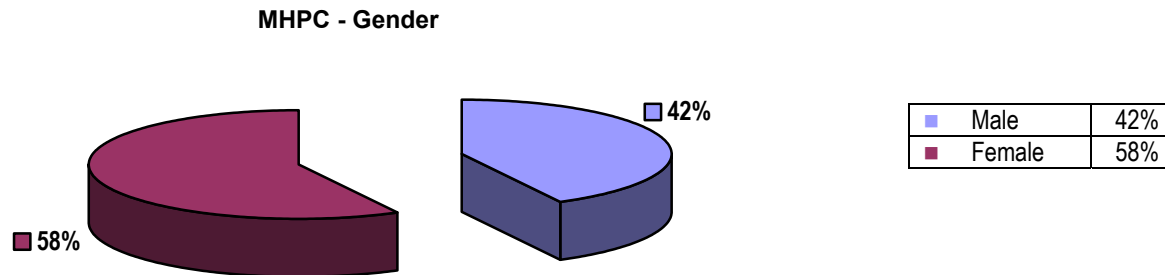
Population Served by Age



Age	%
0-4	2%
5-9	4%
10-14	7%
15-19	7%
20-24	8%
25-34	14%
35-44	18%
45-54	15%
55-64	11%
65-74	11%
75+	3%

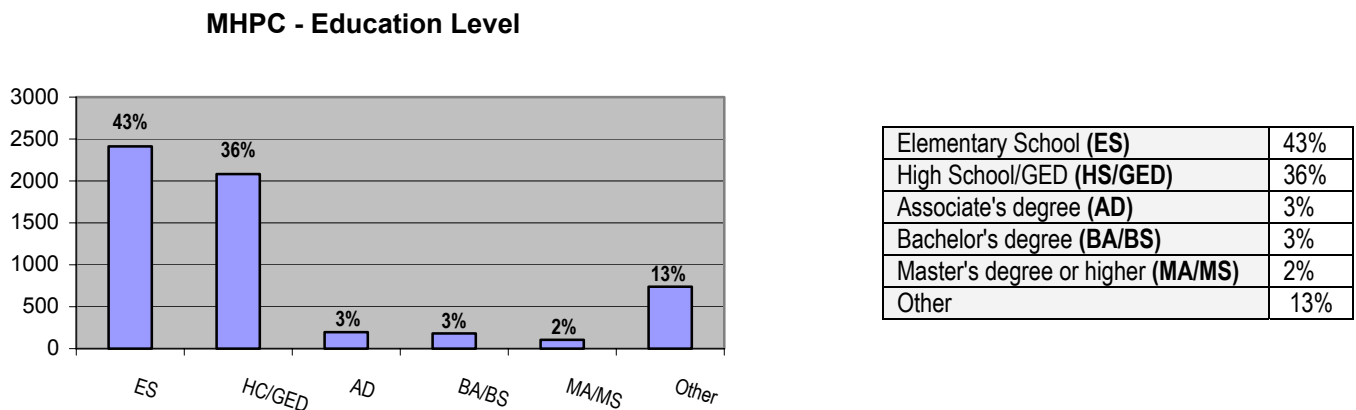
Gender

For all but 2 (Urban League of RI and SPNM) the number of women participating in the programs was higher. For this category the percentage of “unknown” data was very small (1%).



Education Level

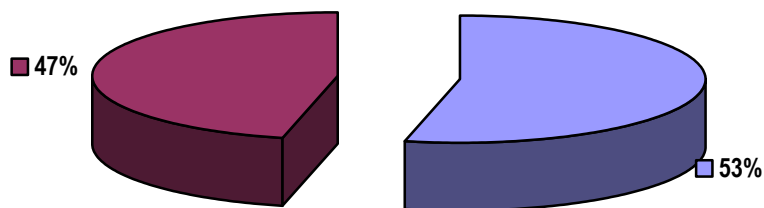
Educational Level was another variable that MHPC had difficulty collecting (34% of “unknown”), more specifically PHA who could not provide that information for none of the participants in the program. In addition, IIRI and SEDC had the highest percentage of “other” (17.9 and 44.4 respectively). Overall 79% of the population for whom we had valid data had a high school diploma or less.



Insurance

For this category the percentage of unknown data was 21%. For those for whom we had valid data, 53% were insured. For some MHPC that percentage was much lower (IIRI 37%, SPNM 24%).

MHPC - Insurance Status

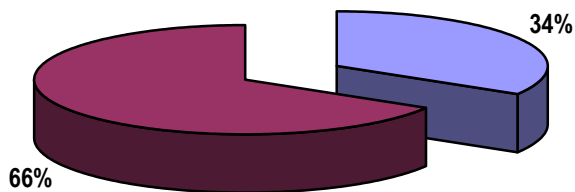


Insured	53%
Uninsured	47%

Employment

The employment status data was heavily impacted by the great number of “unknown” (18%); the unemployment rate was much higher in the MHPC serving the senior population (100% for Elmwood, 99% for PHA and 82.2% for Westminster Senior Center); the rate was slightly lower for Genesis Center (76.3%) and Progreso (65%); SEDC had the lowest unemployment rate (29.9%).

Employment Status

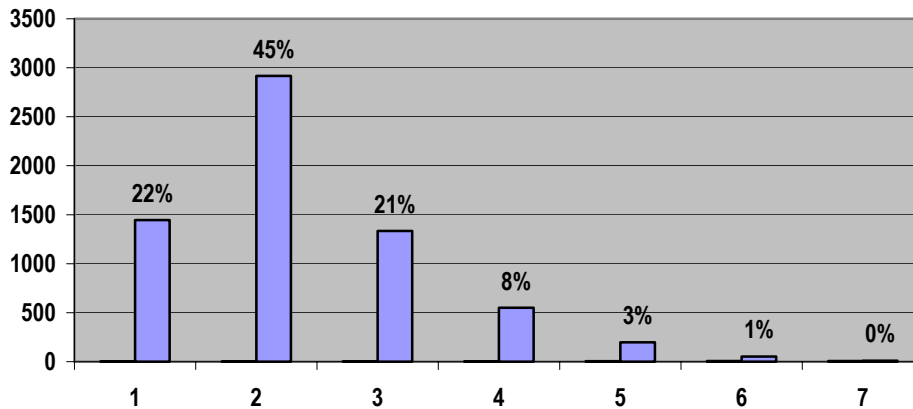


Employed	34%
Unemployed	66%

Income

The percentage of unknown data was 24%. For those served for whom we had valid data a majority had an income level below \$14,999 of which 45% had an income between \$5,000 and \$9,999.

Income Levels

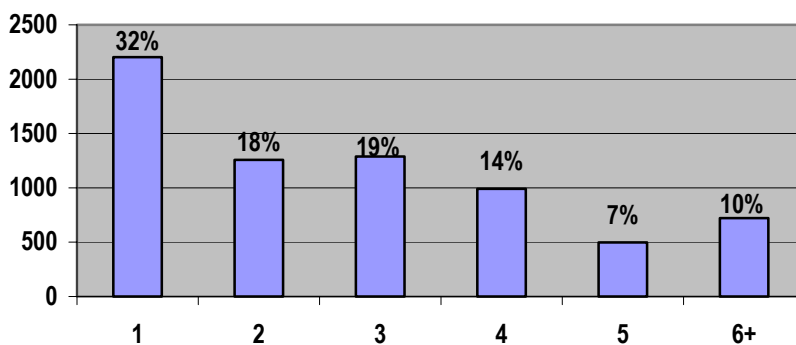


Income Level	%
1= < \$5,000	22%
2= \$5,000 - \$9,999	45%
3= \$10,000 - \$14,999	21%
4= \$15,000 - \$24,999	8%
5= \$25,000 - \$34,999	3%
6= \$35,000 - \$49,999	1%
7= > \$50,000	0% (9)

Family Size

The percentage of unknown data was 19%. For those for whom valid data was available, 32% lived by themselves.

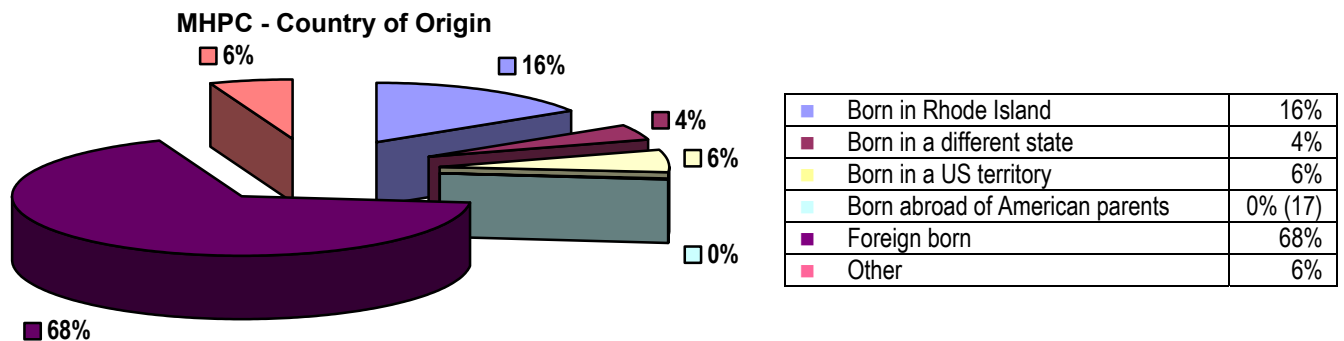
MHPC - Family Size



Family Size	%
1	32%
2	18%
3	19%
4	14%
5	7%
6+	10%

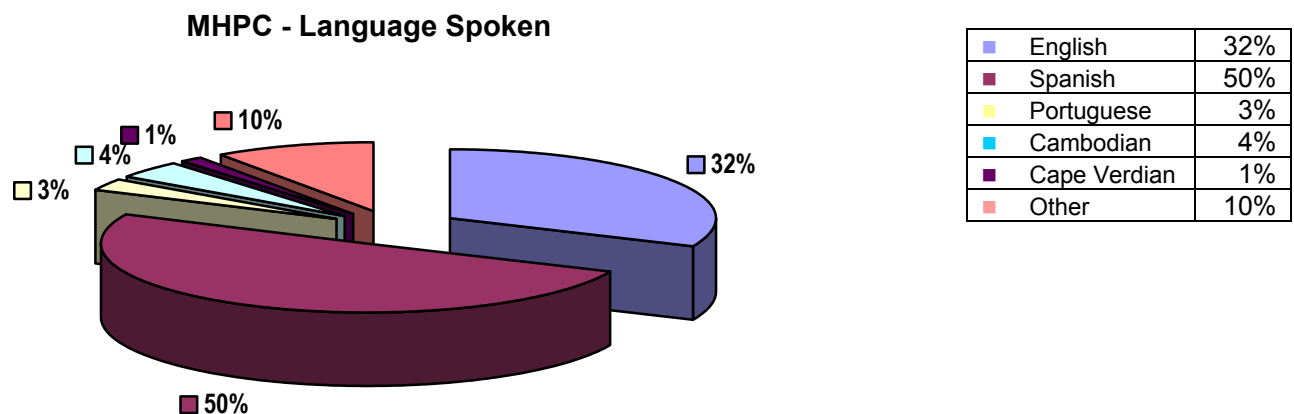
Country of Origin

Collection of this data was a challenge and MHPC continued to present a large number of “unknown”(21%). Of note the high percentage of Foreign born (68%). Further characterization of the foreign born population is important to ensure monitoring of “emergent populations” such as “refugees” and those born in Africa.



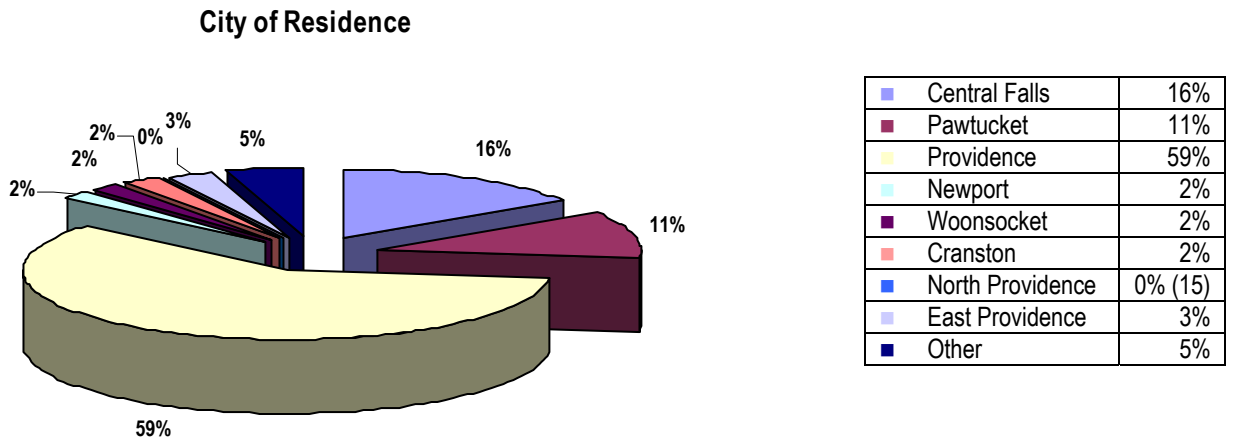
Primarily Language Spoken

There was 12% of unknown data. Looking only at those from whom we had information on language spoken we find that 68% spoke a language other than English.



Residency (City/Town)

It's important to note that participants to the programs come from cities other than the physical location of the MHPC. However 59% resided in the city of Providence. For this category the percentage of unknown data was very small (6%) as compared to other categories.



PROJECT DESCRIPTIONS

1. **Elmwood Community Center**
163 Bellevue Avenue

Contact: Dennis Tabella, Executive Director
Helen Gomes, Program Director

Providence, RI 02907
Tel: (401) 274-9050; Fax (401) 861-9492

Project Title: Minority Health Promotion Center

Target Population: Black and Latino low-income seniors

Project Description: The Elmwood Community Center provided an integrated health education and wellness program with the following components: (1) promotion of health information and prevention strategies for common geriatric problems including diabetes, hypertension, cancer, influenza, mental health, osteoporosis, etc. (2) coordination and delivery of health screenings (glaucoma, diabetes, hypertension, cholesterol, etc.) in addition to providing social services assistance relating to health/medical matters (3) provision of consumer empowerment information and (4) implementation of risk reduction activities such as senior exercise classes and recreational/social activities, that allow participants to manage stress and cope with issues of daily living such as isolation and loneliness. Elmwood highlighted the program by sponsoring a Senior Prom, an intergenerational health fair/ semi formal event for seniors and their families to celebrate their learning and success in the program.

Outcomes: The program outcomes were heavily impacted by the structural constraints the agency suffered. The 81 returning clients continued to show an increase in knowledge regarding health care issues and according to information provided by family members improved their overall health as well as the new clients. The inclusion of family members in the program ensured changes were made in the home that allowed maintaining changes through time. Changes included sticking to a healthy diet, exercise away from the Center and positive communication with relatives.

The program needs to improve the outreach capacity in order to attract new clients. Staff stability, better links with other community based organizations, groups and local initiatives will help expand the client base. Funding for building maintenance is needed.

2. **Genesis Center**
620 Potter Avenue
Providence, RI 02907
Tel: (401) 274-9050; Fax (401) 861-9492

Contact: Pheamo Witcher, Executive Director
Nancy Fritz, Minority Health Coordinator

Project Title: Healthy People at Genesis

Target Population: Black and Latino low-income seniors

Project Description: The "Healthy People at Genesis" is a health education, screening and referral program with the following components: (1) health lessons presented at the ESL classes including the following topics: access to health care, talking to the doctor, stress and depression, exercise, nutrition, domestic violence and others (2) health screenings (blood pressure and cholesterol) referrals when needed to local health care providers, two Blood Drives and one Flu shot clinic (3) Peer Health Program, class and community presentations by the students. (4) Nutrition workshops in partnership with URI Nutrition Program.

Outcomes: Structural and Process outcomes were achieved; the Peer Health Education program was not successful this year (students did not feel confident enough); 90% of students reported increase in knowledge; many students report having a regular source of care through RiteCare; no health screenings were held; stronger links with other local CBO's allowed students to participate in health screenings organized by those local CBO's.

3. **International Institute of RI**
645 Elmwood Avenue
Providence, RI 02907
Tel: (401) 461-5940; Fax (401) 467-6530

Contact: William Shuey, Executive Director
Betty Simons, Minority Health Coordinator

Project Title: Minority Health Promotion Center

Target Population: The Immigrant population of RI

Project Description: The Center established a two-track program to educate minority immigrants on health care issues in the areas of cancer, diabetes, cardiovascular disease, and women's health, causing clients to convert their knowledge into obtaining screening, referrals and treatment. The first track of this plan is education: a health care component was built into the curriculum regularly taught to IIRI students. During the 44-week academic year, students in each class receive health education in the classroom. The second track of the program is outreach. The MHPC serves to broaden IIRI's role as a community liaison linking the immigrant community with the health care establishment. To this end, IIRI tailored its annual Health Fair, which it has held for the last five years, to meet MHPC goals, focusing on exposing students to available health care services and enabling students to be confident and informed health care consumers. In addition, Family Health Day expanded upon information presented at the IIRI Health Fair, and includes presentations by community speakers. Both the education and the Outreach tracks of the program address issues of consumer empowerment, to equip clients with the skills to access and utilize the health care establishment. Pre-and post-program surveys, translated into Spanish, Cambodian and Portuguese, measure changes in client knowledge and behavior.

Outcomes: The program worked more intensely with refugee families helping them understand the health care system, role of primary care and importance of preventive care; importance of appointment follow up for TB and initial health screening; The *Women to Women* peer education program has proven to be very successful and has become a leadership training opportunity; new arrivals have gained increased independence accessing the healthcare system; it also lead to increased knowledge in the medical community of healthcare needs of these emergent populations.

4. **Progreso Latino, Inc**
626 Broad Street
Central Falls, RI 02863
Tel: (401) 728-5920; Fax: (401) 724-5550

Contact: Edwin Cancel, Executive Director
Arlene Ayala, Minority Health Coordinator

Project Title: Latino Wellness Institute

Target Population: The Latino community in the Blackstone Valley Area of Rhode Island

Project Description: The Latino Wellness Center goal is to improve health conditions, increase knowledge about access to services, and decrease the number of uninsured Latinos by enrolling families in the Rite care program. A dedicated area has been established for health screenings and health education activities. The program's components include: community and individual health risk assessment; health education: nutritional workshops, diabetes and it's management; consumer empowerment and health information center ("Ask the Doctor" has been a very successful initiative, implemented in partnership with bi-lingual local physicians); screening and referrals: basic health screenings include high blood sugar, high blood pressure, cholesterol; when needed referrals to local PCP are made; community health fair.

Outcomes: Significant changes can be observed on those participants in the WC with or without an existing health condition, from taking medication consistently, following a more balanced diet and keeping with timely preventive annual health screenings such as mammograms and yearly check-ups. Participants also expressed "desire and willingness" to take part in physical activities and there has been an increase in the number of participants in the weekly exercise classes.

5. **Providence Housing Authority**
100 Broad Street
Providence, RI 02903
Tel: (401) 751-6400; Fax: (401) 273-4623

Contact: Stephen O'Rourke, Executive Director
Frederick Sneesby, Project Coordinator

Project Title: Health Phase

Target Population: Public Housing Youth Ages 9 to 18, Adults and Elderly residents of PHA

Project Description: The primary goal of the Providence Housing Authority's Health PHASE program (Public Housing Adult & Senior Education) is to improve the health of public housing residents by implementing a comprehensive health education program. The program expands on the work begun with the youth in the WISE-UP program by bringing the same, and additional, health information to parents and other adults, including seniors, living in public housing. Adult and elderly residents are provided with pertinent health information from a variety of sources. Health PHASE accomplishes this goal by (1) nutrition and obesity education, (2) cardiovascular disease prevention, (3) access to health care, (4) bi-lingual case management services.

Outcomes: PHA begun a system of regular and comprehensive assessment of health care needs of all disable and elderly residents. This allows for targeted programming and easier measurement of results. For example knowing how many residents are without PCP will allow to measure changes in the following year. Also there has been a significant increase (300%) in the usage of on-site primary care by Lifespan's Geriatric Clinic by Spanish speaking residents. The full impact of this increase has not yet been measured. PHA is also researching ways to measure the impact of the education program, since no pre or post testing was done. PHA is researching low literacy level evaluation tools.

6. **Socio –Economic Development Center
For Southeast Asian (SEDC)**
620 Potters Avenue
Providence, RI 02907
Tel: (401) 941-8422; Fax: (401) 467-3210

Contact: Joseph Le, Executive Director
Maichong , Minority Health Coordinator

Project Title: Southeast Asian Health Promotion Center

Target Population: Cambodian, Laotian and Hmong Population

Project Description: SEDC Minority Health Promotion Center focus on providing health education and disease prevention programs for Rhode Island's Southeast Asian residents. The goal is for the SEA community to live longer, more enjoyable lives by pursuing changes in attitudes, beliefs and behaviors. SEDC focus on: (1) cancer education, including lung, breast and stomach cancer; (2) cardiovascular disease (hypertension, stroke, heart disease and cholesterol) prevention; (3) diabetes education and disease management, (4) encouraging use of primary care and practice of healthy behaviors. In addition, SEDC conducted cultural competency workshops to further health care provider's awareness of the Southeast Asian cultures and medical beliefs to assist them in serving Southeast Asian clients effectively.

Outcomes: Participants in the health education workshop showed an increase in knowledge and awareness of the health issues covered at the workshops. In addition, 100% of those identified as in need of referral after screenings were referred for further evaluation and follow-up. 100% of referred clients maintained follow up care. Participants also stated willingness to participate in more activities. Pre and post test were translated in Hmong and Cambodian. 25% of clients expressed understanding of the health care topics. Expansion of the program and outreach has been negatively impacted by frequent changes in staff.

7. **South Providence Neighborhood Ministries**

747 Broad Street
Providence, RI 02907
Tel: (401) 461-7509; Fax: (401) 785-8277

Contact: Wanda S. Michaelson, Executive Director
Roberta (Bobbi) Houllahan, Health Coordinator

Project Title: Neighborhood Minority Health Promotion Center

Target Population: Minority families living on the Southside of Providence

Project Description: The Neighborhood Minority Health Promotion Center (NMHPC) at South Providence Neighborhood Ministries provided a comprehensive health promotion program that included individual and community health risk assessment, community outreach, health education, consumer empowerment, a health information center, and screening and referral services. The goal was to develop and implement programs that improve the health of minority families living on the south side of Providence.

Activities included maintaining a Resource Center for health information, revising and distributing consumer-friendly information on Rite Care and Medicaid programs and the difference between primary care and emergency room services, providing health education workshops, physical activity opportunities, providing on-site diagnostic screening programs, providing referrals for health services, providing staff advocacy and follow-up, establish 20 walking clubs and maintain network with other providers.

Outcomes: A multi-racial and multi-disciplinary Advisory Committee provided policy and direction. A network of more than 100 providers was maintained. All process objectives were achieved and/or surpassed (organized 7 neighborhood focus groups, 24 Wellness checks and 47 Physical Activity surveys; provided health education to 200 individuals; hold 12 diagnostic screenings; provided referrals to 75 individuals). Through pre- and post-tests, participants demonstrated increase in the level of regular exercise or intention of increasing level of regular exercise. In addition participants in walking clubs reported walking regularly and there was an increase in participation in the winter Latin Dancercise classes.

8. **Urban League of Rhode Island**

246 Prairie Avenue
Providence, RI 02905
Tel: (401) 351-5000; Fax: (401) 454-1946

Contact: Dennis Langley, Executive Director
Loretta Becker, Associate Director
Jesse Jordan, MD

Project Title: Minority Health Promotion Center

Target Population: Youths and Adults living in Providence

Project Description: The Urban League of Rhode Island Inc. , a community-based organization with a 60-year history of service to the African American and other minority communities in Rhode Island, operates a Minority Health Promotion Center in Providence. The Urban League's Minority Health Promotion Center developed and implemented programs and initiatives to improve the health of minority youth, teen mothers and adults living in the Providence area. The Center developed health education and screening programs to address those health problems (infant mortality, unintentional injuries, chemical dependency and teen pregnancy) for which minorities experience a disproportionate burden, Nutrition and Weight management program, stress management and relaxation program. Through the Center's ongoing activities, access to health information, education resources and health screenings was improved thereby increasing the comfort level of minorities to communicate with their doctors and other health care professionals regarding their health care needs and concerns and obtaining appropriate health services when needed.

Outcomes: All outcome objectives were achieved and surpassed. Students participating in the health education programs, nutrition and weight management program, stress management and screening programs reported positive changes in knowledge, beliefs and behaviors. The Resource Guide was distributed to the community.

9. **Westminster Senior Center**
133 Matthewson Street
Providence, RI 02903
Tel: (401) 274-6900; Fax: (401) 453-1149

Contact: Elaine Corderre, Executive Director
Salva Alifonso, Project Coordinator

Project Title: Elder Health Empowerment Program

Target Population: Hispanic and African-American Elderly

Project Description: The Westminster Senior Center provides a comprehensive health program to the African-American and Hispanic Elderly population of Rhode Island. The goal is to improve the usage and access to mental wellness and health care and to create a culturally and linguistically receptive environment. The "Elder Empowerment Program" has the following components: (1) Health education: 8 workshops per year focusing on cancer, heart/stroke, arthritis (2) mental wellness: monthly mental wellness group sessions under the facilitation of a Spanish speaking and English speaking therapist (3) physical activity: two six-week exercise and nutrition sessions per year (4) access to health care.

Outcomes: Through intensive outreach, there was an increase in the number of new clients enrolled in the program, in particular in the exercise class. The Hispanic/Latino Mental Wellness groups brought great benefit for the center participants. The therapist addressed how to cope with fears, stress, frustration, anxiety caused by bad economic situations and how to deal with the loss of beloved ones. At the request of participants two new workshops were developed addressing Diabetes.

10. **Women & Infant's Hospital-Family Van**
100 Dudley Street
Providence, RI 02905
Tel: (401) 453-7728; Fax: (401) 453-7617

Contact: Maureen Pearlman, Director, Center for Health Education
Robin Rogers, Project Coordinator

Project Title: Providence Family Van

Target Population: Racial & Ethnic minority groups, all ages, uninsured and insured, Spanish and English speaking and the general public who needs health screenings and information

Project Description: The Providence Family Van is a culturally sensitive comprehensive health outreach program designed to address health disparities in our communities. The Family Van serves minority populations that face health disparities, African American, Latino, Asian and Native American, by bringing services directly to their community. Through a confidential risk assessment, the Family Van provides adolescents and adults with appropriate education, information and referrals on a variety of health topics including but not limited to: cancer, diabetes, cardiovascular disease, infant mortality, HIV/AIDS, family planning, STD's, access to care. Nutrition, Physical fitness, access to preventative care and the reduction of lifestyle and environmental risk factors are emphasized. In addition to health education, the Family Van worked with local residents and neighborhood Task Forces to address barriers to care and community needs.

Outcomes: 92% of participants in the health education component of the program showed a change in either behavior, attitude or knowledge as per the pre and post tests. Clients favored the ONE TO ONE approach to education and the SAME SEX Talk in small groups. 95% of clients referred out were seen as referred (by follow-up on the referrals made to all sites). Overall client satisfaction surveys were very positive (99%).

11. **Young Life of Newport County**

Contact: Mavis White, Project Administrator

P.O. Box 3181

Newport, RI 002840

Tel: (401) 849-8188; Fax: (401) 848-7360

Project Title: Minority Health Promotion Center

Target Population: Youth and adult minority community of Newport

Project Description: The goal of this project is to address the areas of physical fitness, mental, spiritual and emotional health. This is accomplished by training youth and adults in the areas of improved physical fitness, improved nutrition, healthy lifestyles, the prevention of injuries and violence, the prevention of heart disease and stroke and increase access to health care in the minority community.

Outcomes: The number of participants in the program exceeded the initial target. Of those 15% had measurable outcomes. Additional staff was hired and locations for future events (health fairs) were established. The project also obtained educational materials to be used in future outreach efforts. The lack of infrastructure impacted heavily in the fully development of this new MHPC. The Project Administrator is looking in partnering with other more established organizations in the area.

